



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Dubberstein, Rainer**

Club: Münster

Number: 709

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 39:14

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 5 (of 167)

Rank in course/Men: 5 (of 127)

Best time in course: 34:12

Rank in category: 1(of 17)

Best time in the category: 39:14